ANK
OU!

ANK YOU goes out to
Senior Adult who
our Barbecue and
month. Everyone
and eager to help!
xceeded our wildest
leared $2,205.18!!!
een given to the
Fund. Thanks again
done!

ASSOCIATIONAL SENIOR ADULT FELLOWSHIP

THEME: "Seniors: Here's Hope, Jesus Cares For You"

DATE: Thursday, May 17, 1990

TIME: 9:45 A.M. - Lunch

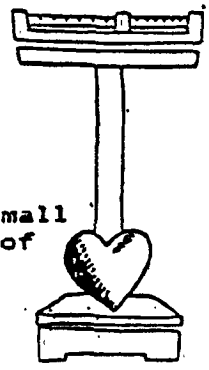
PLACE: Shady Grove Family Life Center

The deadline to sign up and pay your $5 for lunch is NOON on Monday, May 14.

luncheon at our
ead, we have been
l to be with Miriam
lt Group at Oakland
will leave at 8 AM
so that we can tour
seum before we go to
e cost of the museum
erson. Sign up in
if you plan to go.

Losers ARE Winners!
Take off that extra weight.

Trim the fat in your diet. Choose chicken (without skin) and fish often. Beef is o.k. if you choose lean cuts and small servings. A healthy serving of meat is about the size of a deck of cards !



First Baptist Church
Belton, S.C.
May 6, 1990

2023679238

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